

Appendix 1

Environmental Variables: Questions, Scales and Psychometric Qualities of the Survey

Variable	Item	Scale	α_2	r
Availability of sidewalks				
	▪ There are sidewalks on most of the streets in my neighbourhood.	Strongly disagree/ strongly agree	---	0.49 ¹
Availability of bicycle lanes				
	▪ There are bicycle lanes on most of the streets in my neighbourhood.	Strongly disagree/ strongly agree	---	0.68 ¹
	▪ It is safe to ride a bicycle in or near my neighbourhood.			0.69 ¹
Perceived safety from traffic				
	▪ There is so much traffic along the street I live on or nearby that it makes it difficult or unpleasant to walk in my neighbourhood. (Reversed)	Strongly disagree/ strongly agree	---	0.36 ¹
	▪ The speed of traffic on the street I live on nearby is usually slow (50 km/h or less).			0.57 ¹
	▪ Most drivers exceed the posted speed limits while driving in my neighbourhood. (Reversed)			0.66 ¹
	▪ When walking in my neighbourhood, there are a lot of exhaust fumes (such as from cars, buses). (Reversed)			0.57 ¹
Connectivity				
	▪ The street design in my neighbourhood has few, if any, dead ends.	Strongly disagree/ strongly agree	---	0.44 ¹
	▪ There are many four-way intersections in my neighbourhood.			0.72 ¹
Residential density				
	▪ How common is each type of residence listed below in your immediate neighbourhood?	None/some/a lot	---	
	Detached single-family residence			0.88 ¹
	Row house			0.44 ¹
	Apartment			0.79 ¹
Diversity				
	▪ About how long would it take to get from your home to the nearest businesses or facilities listed below if you walked to them?	1-5/6-10/11-20/21-30/>30 minutes	---	0.49-
	grocery store, shopping centre, post office, library, bank/credit union, video store, bus stop, work, school			0.85 ¹
Time in the neighbourhood				
	▪ How long have you lived in your current neighbourhood?	≤ 3months /4-12 months/> 1 year	---	0.87 ¹

¹ = Kappa

α = Cronbach's alpha coefficient (main study)

r = Intraclass correlation coefficient (test-retest)